

PANDEMIC FLU AND YOU

Information for Employees Traveling to Avian Influenza Affected Countries

The following information is specific for travel to countries reporting human or animal cases of Avian Influenza H5N1.

Which countries have reported H5N1 outbreaks in birds?

For a complete list of countries with current or previous H5N1 outbreaks in birds, visit the World Organization for Animal Health (OIE) website –

www.oie.int/download/AVIAN%20INFLUENZA/A_AI-Asia.htm

Which countries currently have or had confirmed human cases of H5N1 (as of August 4, 2006)?

Azerbaijan	Indonesia
Cambodia	Iraq
China	Thailand
Djibouti	Turkey
Egypt	Viet Nam

What should you do before you leave?

- Keep informed of the latest H5N1 outbreaks and current level of pandemic alert by visiting the following websites:
 - U.S. government – www.pandemicflu.gov
 - World Health Organization – www.who.int/csr/disease/avian_influenza/en/
- Educate yourself and others who may be traveling with you about influenza. Visit CDC's influenza website – <http://www.cdc.gov/flu/>
- Assemble a travel health kit containing basic first aid and medical supplies. Be sure to include a thermometer and alcohol-based hand sanitizer for hand hygiene.
- Be sure you are up to date with all your vaccinations. Visit CDC's Travelers' Health website for vaccine and medication recommendations for the country you plan to visit – www.cdc.gov/travel/ or call CDC's toll free Travelers' Health Automated Information Line – 1-877-FYI-TRIP.
- You may wish to check your health insurance plan or get additional insurance that covers medical evacuation in the event of illness. The U.S. State Department provides information on medical information for Americans traveling abroad – www.travel.state.gov/travel/tips/health/health_1185.html

What should you do to protect yourself from avian influenza while traveling abroad?

- Avoid contact with live poultry (chickens, ducks and geese) and wild birds by avoiding live animal markets and poultry farms. Avoid contact with surfaces contaminated

with animal droppings/feces. . Avoid handling birds found dead. . Influenza viruses are killed by heat. Make sure that all poultry, egg or duck dishes are fully cooked.

- . Exercise good personal hygiene with frequent hand washing.
- . Don't touch your eyes, hands or mouths with dirty hands.
- . Always wash your hands well before eating and after using the toilet.

What precautions should you take after you return from an infected area?

- . Monitor your health for 10 days.
- . If you develop a fever with cough, sore throat, and have trouble breathing during this 10 day period, contact a health care provider. Let them know what your symptoms are, where you've traveled to, and whether or not you have had direct contact with any severely ill person during your travels.

What should you do if you become ill while traveling?

- . If you develop fever with cough, sore throat and breathing problems, or any other illness while traveling, contact the local U.S. Consulate Officer. They can help locate medical services for you as well as inform your friends and family of your condition.
- . A complete list of U.S. embassies, consulates and diplomatic missions can be found at <http://usembassy.state.gov/>